

TOP TIPS

TO AVOID AIRPORT STRESS



Travelling to and from airports can be incredibly stressful, with some passengers putting off flying all together!

PLAN FOR WHEN YOU ARRIVE

Do some research to get a basic knowledge of the main routes around the city you are visiting.

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CHECKLIST OF DOCUMENTS

Create a checklist with all the things you need to bring, including any visa requirements such as the ESTA application for travel to the United States.



More than one fifth of adults admit to having almost missed their flight!



NO NEED TO QUEUE

USE SELF-SERVICE KIOSKS & ONLINE CHECK-IN

To speed up waiting at security, remove metal items (like keys) and electronics from your pockets and put them in your carry-on luggage.



TIME IT RIGHT

Very early or late flights are often much quieter and less likely to be delayed.



Every day at Heathrow 1,400 flights take off and land - one every 45 seconds

WEIGH IT UP

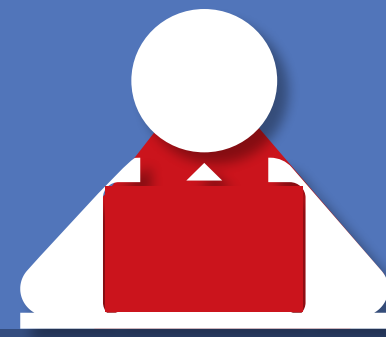
DON'T PAY FOR HEAVY LUGGAGE

Remember to check your baggage is the correct weight.



CATCH UP ON WORK

Finding a quiet spot with internet access such as an airport lounge will allow you to use your travel time more effectively.



TAKE IT EASY...

THE PLANE WON'T LEAVE WITHOUT YOU

Most airlines provide allocated seating anyway, so remain seated until the last passengers are approaching the gate.

...STRETCH OUT

A FEW SIMPLE EXERCISES CAN DO WONDERS TO PREVENT CRAMP BOTH IN THE AIRPORT AND ON-BOARD YOUR FLIGHT.

and relax

During your flight use noise-cancelling earphones and a neck pillow to help you relax.

Why not treat yourself to a nice glass of wine or beer?



ASPIRE

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